metro
NEW YORK • Wednesday, July 18, 2012

EVENTS SCHEDULE INSIDE!

SAMSUNG

SpaceFest

July 18-22

- SPACE SHUTTLE PAVILION OPENS JULY 19
- NASA EXHIBITS & DISPLAYS • ASTRONAUT APPEARANCES
- FREE MOVIE NIGHT • FREE CONCERT

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INTREPID 30th ANNIVERSARY

SEA, AIR & SPACE MUSEUM COMPLEX

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SAMSUNG SpaceFest

SAMSUNG SpaceFest, a 5-day festival, will celebrate the opening of Intrepid Sea, Air & Space Museum's Space Shuttle Pavilion, and its newly acquired space shuttle *Enterprise*. The festival kicks off the night of Wednesday, July 18, with a free concert on Intrepid's Flight Deck. Intrepid's free Summer Movies Series continues with Star Trek, Friday, July 20.

From Thursday, July 19 through Sunday, July 22, NASA will present over three dozen exhibits, displays, and educational demonstrations honoring aeronautics and space exploration past, present and future. Visitors can also explore the Samsung Space Station, an immersive, multi-screen viewing experience that will take guests on a soaring journey through the past, present and future of space flight, all brought to life by Samsung Smart TV technology.

The new Space Shuttle Pavilion will open to the public on Thursday, July 19 following a Grand Opening Ceremony. This exciting 5-day event will also provide an opportunity for guests to meet and mingle with a number of current and former astronauts.

WEDNESDAY, JULY 18TH

9am - 12pm: Space Shuttle Pavilion Museum Members Preview Event
(Members only, RSVP required.)

Astronaut Appearances by
Mario Runco Jr.
Ellen S. Baker (M.D., M.P.H.)

7pm: SAMSUNG Smart TV Presents: Sound Waves on the Intrepid
Join Intrepid for a free concert on the Flight Deck, featuring Red Baraat, Delicate Steve, Javelin and MNDR.

(RSVP required. For details, see back cover.)

Don't forget, while you are here check out Samsung's SpaceFest booth on our Pier.

THURSDAY, JULY 19TH

10am - 5pm: Exhibits and Pier Displays — NASA, Samsung & Time Warner Cable
Location — Pier 86 and Hangar 3

10am - 5pm: Astronaut Appearances
(Meet and Greet) — throughout the museum complex.
Mario Runco Jr.
Jeffrey A. Hoffman (PH.D.)
Kevin R. Kregel
Ellen S. Baker (M.D., M.P.H.)
Charles J. Camarda (PH.D.)
Michael J. Massimino (PH.D.)
Karol J. Bobko (Colonel, USAF, Ret.)
Lee M.E. Morin, M.D., Ph.D. (Captain, USN)

11am: Space Shuttle Pavilion Grand Opening Ceremony
Location — Flight deck

2pm: Space Shuttle Pavilion opens to the public

2pm-3pm: Astronaut presentation
Join Mario Runco Jr. and Jeffrey A. Hoffman as they share their stories of their space shuttle missions.
Location — Lutnick Theater

SPACE SHUTTLE PAVILION

OPEN TO THE PUBLIC BEGINNING 2PM, JULY 19TH

Within the Intrepid Museum's Space Shuttle Pavilion, *Enterprise* sits just 10 feet off the ground, allowing visitors to actually walk directly underneath this historic artifact. Dramatic lighting and a series of backlit images and texts, along with video stations throughout the exhibition walls, explain the space shuttle orbiter as both an experimental space plane and space ship, as well as a vehicle that enables a greater understanding of science and technology.

Exhibits also highlight the people who made this great aerospace creation a reality. The Pavilion emphasizes the story of *Enterprise* as the 1976 prototype space shuttle orbiter and illuminates its relationship to NASA's historic role in experimental aircraft throughout the twentieth century, along with NASA and commercial plans for future space missions. An observation platform overlooks *Enterprise* while a nearby video wall showcases a dynamic 6-minute presentation on the history of space travel narrated by Leonard Nimoy.

There is an additional charge for entry to the Space Shuttle Pavilion.

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NYC'S #1 FREE DAILY NEWSPAPER

SILVERMAN'S INDECENT PROPOSAL {page 11}

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NEW YORK
Wednesday, July 18, 2012

- Knicks announced late last night they will not match Rockets' offer to Jeremy Lin
- Point guard sensation will move on
- Felton, Kidd will split backcourt role {page 23}

GETTY IMAGES

Goodbye, New York

▶ Point guard Jeremy Lin will no longer set foot on the Madison Square Garden court wearing a New York Knicks uniform.

local news

2 out of 3 New Yorkers agree: Fast food tastes better with less trans fat

- Study shows Bloomberg's reduction of trans fat worked
- Metro conducted its own poll to confirm the word on the street {page 02}

Keep fit even on vacation

- Just because you're out of the office doesn't mean you can be out of shape {page 18}

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Still fast food, but it's a bit healthier

After city mandated reduction of trans fat, new study shows Mayor Bloomberg's plan a success Burger joints see best results overall, but all fast-food lunches lost 2.4 grams

MILES DIXON/METRO

▶ Metro asked New Yorkers to choose which tasted better: Chicken cooked with unlimited amounts of tasty grease in New Jersey or chicken fried according to New York's strict regulations.

Can your taste buds really tell a difference in fat of 2.4 grams?

New Yorkers say yes — and in a random sampling yesterday, two out of three city residents said they preferred Mayor Michael Bloomberg's way of cooking.

In a very unscientific poll, Metro asked locals if they preferred chicken fried in city kitchens, which restrict trans fats, or chicken from across the river in New Jersey, which does not have a similar ban.

And surprisingly, two out of three preferred the less greasy bird.

A study published Monday in the Annals of Internal Medicine stated that since New York City banned using more than 0.5 gram of trans fat per serving, the average amount of trans fats in lunchtime meals has dropped.

Some critics were concerned that, with the implementation of the 2007 ban, restaurants would replace the trans fat with another type of fat. But Monday's study shows that did not appear to happen.

Between 2007, when the city started phasing out trans fats, and 2009, the amount of trans fat in an average New Yorker's fast food lunch decreased by 2.4 grams, according to the study.

The data shows that when New Yorkers stop by burger joints or Mexican restaurants for lunch, they are typically chowing down on fewer bad fats.

"What have we learned from NYC's trans fat ban?" Alice Lichtenstein at Tufts University wrote in an editorial about the survey. "Public health measures work."

Researchers attributed the decrease to new menu offerings, like grilled chicken instead of fried, rather than smaller portion sizes.

The city restricts all food service establishments, from restaurants to food carts, from serving food with 0.5 grams or more of trans fat per serving.

The biggest drop was in burger chains, where trans fat servings went down 3.8 grams on average.

Even the difference of a few grams of fat per serving would be enough to improve the heart health of regular restaurant eaters, researchers noted.

Raul Kim, who preferred the New York chicken, said he tries to eat healthy, but added, "If I am eating fried chicken, I've already given up."

Gina Malkusz said she liked the New York fried chicken better and cautioned New Yorkers to think about what they're eating.

"When I eat, I try to choose food that's a little healthier," she said.

ALISON BOWEN
alison.bowen@metro.us

In the news

Red Hook Ikea the hot spot for randy teenagers

A row of metal chairs behind the Ikea in Red Hook is the latest teen hook-up spot, DNAinfo.com reported yesterday. "It's condom central. The lawn chairs are a bordello," the director of a local nonprofit told the site.

A few young locals added that the location has appeal because it is secluded, peaceful and faces the waterfront. How romantic!

While parents and health experts expressed numerous concerns, 21-year-old Jonathan Morris explained that "kids got nowhere else to go."

The Red Hook Ikea is hardly the first place for public canoodling in the city. In the past, some New Yorkers have been accused of getting especially frisky at The High Line park, in the windows of The Standard Hotel and in parked cars in TriBeCa. METRO/DB

Correction

Baskin-Robbins stores in New York City did not offer free ice cream this past Sunday, July 15, as Metro originally reported. METRO

Voted: New Jersey

"I think it has a little more flavor, maybe it's the fat. If I was there, and I had two options — trans fat or non-trans fat — I'd take the non."

COTY WARDWELL, 21, WASHINGTON HEIGHTS STUDENT

Voted: New York

"This is so much better. It's juicier. The taste is very similar, but this one was juicier."

GINA MALKUSZ, 26, ASTORIA, CLOSING SUPERVISOR

Voted: New York

"It was juicier. [The other one] was a little drier. My mom makes fried chicken, it tastes like that."

RAUL KIM, 25, ASTORIA, FINANCE

Tracking trans fats

Researchers polled lunchtime eaters exiting restaurants from noon to 2 p.m., from McDonald's to Taco Bell, asking to see receipts in return for a free single-ride MetroCard.

They surveyed eaters during a few months in both 2007 and 2009, comparing the amount of trans fats in an order before the ban and the amount of trans fats in the meal after. They stopped people outside of about 300 restaurant locations.

Chains tested

The researchers examined receipts from fast food chains, including:

- McDonald's
- Burger King
- Wendy's
- Subway
- Au Bon Pain
- KFC
- Popeye's
- Dominos
- Pizza Hut
- Taco Bell

2 to 23

An increase of just 2 percent of total energy intake from trans fat increases the incidence of coronary heart disease by as much as 23 percent, according to the report.

2.4g

The average trans fat content per purchases decreased by 2.4 grams from 2007 to 2009, according to the study.

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For the gold

CASSANDRA GARRISON
CASSANDRA.GARRISON@METRO.US

London, here we come! As part of Metro's ongoing coverage leading up to the 2012 Olympic Games in London later this month, we're introducing readers to the athletes who will be representing the United States.

Homer's time: No. 1 fencer in US hails from the Bronx

Daryl Homer is currently the No. 1 male fencer in the country and No. 12 in the world. That's a lot of pressure for a 21-year-old athlete — but to Homer, it only serves as more motivation to take home the gold.

Born in the Virgin Islands and raised in the Bronx, Homer belongs to the Manhattan Fencing Center. He started fencing at the age of 5, after he read the word "fencing" in the dictionary and told his mother he wanted to try it.

He somehow manages to balance life as a St. John's University marketing major and be the youngest member of the 2012 USA Olympic Men's Sabre Team as he prepares to head to London, where the world will likely see extraordinary things from him.

Homer dished to Metro about his hopes for London, his go-to traditions and the foods he uses for fuel as he readies himself for his first Olympic experience.

What is the one thought that has been running through your mind most as you prepare for London?
Winning a medal. I know making it to the Olympic Games is a huge deal, but winning a medal makes you a legend. It's something no one can ever take away from you, something you've worked for, something that speaks such high volumes about your abilities as both a person and an athlete. I've thought about possible celebrations, possible outcomes, celebrating with family and friends and bringing that honor to my family.

You're currently ranked No. 1 in the U.S. What pressure does that add to your performance?
As a leader of our team, I understand the other guys will feed off of my energy. This doesn't add pressure, but provides motivation and drive.

▶ Daryl Homer takes fencing, and life, seriously.

GIUSEPPE CACACE/AFP/GETTY IMAGES

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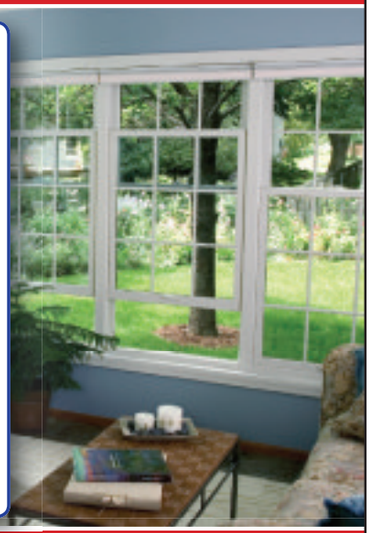

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We know we are capable of fencing with the best teams in the world. It's all on us, and that's the only thing we can ask for. Now it's up to us to perform!

Who do you believe will be your biggest competition at the games?

There are so many strong fencers, from so many countries in the world. I can't say there is anyone specific — like I said, it's all on me. I plan on entering the Olympic Games with the right energy, great mental stamina and in awesome physical shape. These things will define my success, not my competitors.

Do you have any lucky charms or superstitions you stick to before an event?

I'm pretty big on spending time alone. Generally, I try to break my mental preparation into two parts. The night before the competition I spend time alone and imagine all possible outcomes. I always make sure to end these thoughts with positive outcomes. I also tend to tidy my living spaces before a competition. Following the same theme, I try to get a nice haircut before every competition.

What is your pre-competition ritual?

I listen to music before every competition. Currently my favorite artists are Meek Mill, Kanye West, Big Sean and Wale.

What's your favorite pre-event meal and what do you like to eat after a competition?

After a long trip, I love to indulge in West Indian food. I'm pretty big on eating foods from a multitude of different cultures. Pre-event, I usually go with a steak.

What is your diet like when you are not strictly training for a big competition? Do you ever let yourself splurge or indulge in a favorite guilty pleasure?

This year, I experimented with the Mediterranean diet and found it super helpful. Generally I eat whatever looks good. I love all kinds of ethnic foods, especially Thai, Chinese and Japanese.

As a New Yorker, do you have any message you'd like to send to the people of NYC who will be cheering for you?

Fencing is an amazing sport! It provides benefits for the body, [and] the mind, and [it offers] experiences that can be directly correlated to life.

SLAVEN VLASIC/GETTY IMAGES

▶ Olympic gold medalist Nicolas Lopez, left, from France, and Daryl Homer participate at the Fencing Masters NYC Tournament and Expo at Hammerstein Ballroom on Nov. 17, 2010, in New York City.

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Operation: Save pit bulls

ASPCA offers free spay/neuter program to breed that's clogging shelters
Dog doesn't deserve bad rap In total, nation euthanizes 2,800 daily

Up for adoption

Unwanted pit bulls crowd New York City's animal shelters, and the sheer number of the dogs means they are killed by shelters at a high rate.

- **Pit bulls make up 33 percent of all the dogs taken in by animal shelters nationwide.** But in big cities like New York that number can be as high as 65 percent, according to animal advocacy groups.
- **Some studies estimate that up to 1 million pit bulls are euthanized per year in the U.S.,** and other estimates say that number is even higher.
- **About 35,000 pit bulls are available** for adoption across the U.S. **METRO/DB**

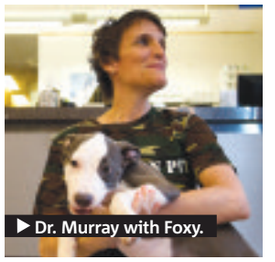
Monday was the second anniversary of the ASPCA's "Operation Pit."

As part of "Operation Pit," all New Yorkers are encouraged to bring their pits to the ASPCA's Upper East Side animal hospital to be spayed and neutered — free of charge.

The program offers the free service to most pit bulls or pit-bull mixes, as experts say that's the breed most at risk to be euthanized.

"[Pit bulls] grow into big strong dogs that require a lot of exercise; they're not portable if you're moving and they have large litters. When people realize that they can't take care of them, they'll take them to a shelter," explained Dr. Louise Murray, vice president of the ASPCA Bergh Memorial Animal Hospital.

Since launching "Operation Pit" in 2010, the ASPCA has



▶ Dr. Murray with Foxy.

fixed more than 1,300 pit bulls free of charge. Spaying or neutering the dogs is a procedure that can normally cost between $150 to $350 or more, depending on the veterinarian.

For Veronica Lopez, 32, the free spay was a blessing.

"My vet was going to charge me $500," said Lopez, who took a taxi down from the Bronx with her 4-year-old pit, Timbs. "A friend recommended this place, so of course I came."

In addition to preventing unwanted pups, the entire appointment includes a full physical for the dogs, life-saving vaccines and microchipping.

"We're recruiting [these dogs] into a life-saving mission," said Murray. "They are honorable soldiers, and when they're done it's like they're graduating."

Before they go home each pup receives a camouflage handkerchief and a post-operative "honorable discharge" for completing the "mission."

ASPCA offers the free procedures in Manhattan by appointment every weekday. The service is also available at the ASPCA Spay/Neuter Clinic in Queens on select Sundays. Call 877-900-PITS to schedule a free appointment.

DANIELA BERNAL
daniela.bernal@metro.us

PHOTOS: MILES DIXON/METRO

▶ Who couldn't love this face? Elektra, with owner Lashika Katura, awaits her appointment on Monday.

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NCAA retains death penalty option for Penn State season

PATRICK SMITH/GETTY IMAGES

▶ Once Penn State responds to the NCAA's letter, the organization will decide whether to press charges against the college.

The head of the NCAA, which governs U.S. college sport, said the Penn State sex abuse scandal involving a former football coach was so egregious that he would not rule out applying the so-called "death penalty" to the university, which would cancel an entire football season.

In his first public comments since the Freeh report, NCAA President Mark Emmert said the systematic sexual abuse of young boys by former assistant coach Jerry Sandusky was "unprecedented" in college sports.

Asked in an interview on the PBS Tavis Smiley show Monday night about the death penalty, Emmert said: "I don't want to take anything off the table. The fact is this is completely different than ... anything else we have dealt with."

"I don't know that past precedent makes particularly good sense in this case," Emmert said.

The NCAA is considering sanctions against the Pennsylvania college. The NCAA last November sent a letter asking the university to defend its actions. After release of the Freeh report, the NCAA said in a brief statement that it was awaiting a response from Penn State.

College football is a huge generator of money for major universities in the United States because of large television contracts and millions of fans attending games every Saturday in the fall.

Critics have questioned whether the NCAA would apply harsh penalties to Penn State, which Forbes magazine rates as the third most valuable program in U.S. college football.

The last time the NCAA applied the "death penalty" in football was against Southern Methodist University in 1987. In response to a system of payments to players, the NCAA canceled an entire season. **REUTERS**

48 charged in Medicaid fraud

NEW YORK. Operators of a nationwide black market have illegally sold more than $100 million of expensive HIV medications and other drugs obtained from patients on the government-run Medicaid health insurance plan, U.S. authorities said yesterday.

Four dozen people were charged in documents unsealed in Manhattan federal court with running a scheme to repackage and sell medication bought on the street from recipients of Medicaid.

Federal prosecutors and the FBI said that Medicaid beneficiaries would fill their monthly prescriptions at little or no cost only to immediately sell the drugs for cash to aggregators. **REUTERS**

Romney VP shortlist 'down to final three'

GETTY IMAGES

WASHINGTON. Mitt Romney appears to be in the final stages of deciding who to pick as his vice presidential running mate, with speculation growing that he has narrowed his choice down to a short-list of three.

Ohio Senator Rob Portman, former Minnesota Governor Tim Pawlenty and Louisiana Governor Bobby Jindal all offer various strengths to Romney should he decide to pick one of them to join his battle to unseat President Barack Obama.

Many Republicans believe Romney will break from tradition and announce his choice well before the convention. **REUTERS**

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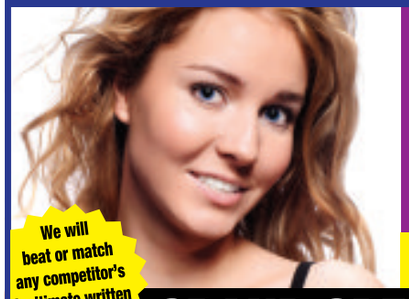

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LAST DAY JULY 30

News in brief

MARK WILSON/GETTY IMAGES

▶ Stuart Levey, chief legal officer, HSBC North America

HSBC chief quits before Senate panel

WASHINGTON. HSBC told a U.S. Senate panel yesterday that it has dealt head-on with allegations of pervasive money-laundering through bank accounts, saying it has overhauled how it polices transactions, exited lucrative businesses and shaken up executive leadership. HSBC offered up the changes after a Senate subcommittee released a report accusing the British bank of a "pervasively polluted" culture, underscoring money-laundering problems have been flagged by regulators for nearly a decade.

The report said the bank routinely acted as a financier to clients routing funds from the world's most dangerous corners, including Mexico, Iran and Syria. During a hearing on the Senate report, David Bagley, a top compliance executive at HSBC since 2002, said he would step down. **REUTERS**

Fishermen dispute American navy's shooting claims

DUBAI. Indian fishermen who survived a hail of gunfire from a U.S. navy boat off the coast of the United Arab Emirates disputed U.S. claims that they ignored warnings to steer clear of the U.S. vessel. One Indian was killed and three others injured when the USNS Rappahannoc, fired on the fishing vessel, which the U.S. Navy's Fifth Fleet said approached at high speed and ignored repeated warnings. **REUTERS**

Small drop in black vote could cost Obama election

JEWEL SAMAD/AFP/GETTYIMAGES

▶ President Barack Obama could lose the election if there is a drop in turnout of African-American voters.

High voter turnout among African-Americans helped get President Barack Obama elected in 2008, but a black rights group fears even a small drop in turnout this November might cause him to lose or struggle in several key states.

Leaders of the National Urban League released a report yesterday that said although blacks voted overwhelmingly for Obama in 2008, if the number of African-American voters drops even five percentage points this year it could tip the outcome in some vital states.

If that voter turnout rate returned to the 2004 election levels — 60 percent compared with nearly 65 percent in 2008 — the report estimated Obama would lose in North Carolina and would have a tough time in Ohio and Virginia.

"We wanted to point out that turnout makes a difference," said Marc Morial, president of the National Urban League. "And that African-American turnout particularly, in a number of states, could make the ultimate difference."

Obama has a six-point lead over his Republican rival Mitt Romney four months ahead of the Nov. 6 election, a Reuters/Ipsos national poll showed last week.

A USA TODAY/Gallup poll of 12 swing states — including North Carolina, Ohio and Virginia — on July 8 showed the pair essentially tied as Obama had a narrow two-point lead.

Chanelle Hardy, executive director of the National Urban League Policy Institute, said the analysis showed that in 2008 more African-Americans between 18 and 25 voted compared with whites of the same age group for the first time. **REUTERS**

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Sarah Silverman has a proposition to make

ALL PHOTOS: GETTY IMAGES

▶ Sarah Silverman wants you, Sheldon.

Plenty of celebrities are hosting fundraising events for the **Obama** campaign, from **Sarah Jessica Parker**'s swanky A-list party at her New York City apartment to **Gwen Stefani**'s upcoming family picnic in Los Angeles. But only **Sarah Silverman** has offered sexual favors in exchange for campaign contributions.

In a short video titled "An Indecent Proposal," Silverman — in her trademark cereal-stained hoodie and last-night's ponytail — attempts to persuade billionaire casino magnate **Sheldon Adelson** to cancel his $100 million check to **Mitt Romney**.

"If you give that $100 million to Obama instead of Romney, I will — well, I won't have sex with you because we're not married and I'm a nice girl, but I will 'scissor' you wearing a bikini bottom through to fruition," she says. "You'll be the only elderly billionaire on the block to have traditional lesbian sex through to climax with a girl who had her own show on Comedy Central."

Like all Sarah Silverman skits, it's probably funny if you can keep your eyes open — but we're not risking it.

Tell us more, Moore

Demi Moore's daughters still aren't speaking to her, but it seems they are in touch with her ex husband, **Ashton Kutcher**.

"The girls have all stayed friends with Ashton, and that is infuriating Demi," a source tells RadarOnline. "Ashton cheating on Demi humiliated her, and when she got out of the relationship she thought she was setting a good example for her daughters, so when they stayed close to Ashton it devastated her."

Demi, teenage girls will abandon you for premium cable and Pop-Tarts, let alone Ashton Kutcher's abs. Those things seriously look like chiseled sunshine. Date wisely next time, lady!

We also write about dogs sometimes ...

In a new interview with GQ, "Dark Knight Rises" star **Joseph Gordon-Levitt** admits that he was turning into a "hopeless ivory tower douchebag" and was once "sort of a serious little dude — snobby."

Now, he has a better handle on fame, if not an appreciation of it.

"I really don't like this notion that some people are more important than other people," he says. "These stories about these elevated people called 'celebrities' teaches you that what you have to say doesn't matter. It's degrading."

Well now, Joseph, this is awkward, isn't it?

Talking points

Russell Brand dating again

Russell Brand is clearly moving on from ex-wife **Katy Perry** and is reportedly dating **Isabella Brewster**, a former talent agent and the younger sister of "Dallas" star **Jordana Brewster**, according to Us Weekly. "It's been going on for a few weeks. He really likes her," a source says. "She's cute. She is all over him and Russell loves it." Brewster previously dated **Bradley Cooper** and "Heroes" star **Milo Ventimiglia**.

Beckinsale: You can come dance here!

Kate Beckinsale admits that her 13-year-old daughter is starting to make her feel her age. "I haven't been embarrassing [to somebody] before," Beckinsale tells Allure magazine. "I can't dance at a party where there are teenagers without [them] clearing the dance floor. Those are the things that make me go, 'F—, I'm old.' You're a parent [and] everyone leaves."

▶ Beckinsale

Bumpy ride for Katie Holmes

Katie Holmes may be enjoying her new life as a single mom in New York City, but it has been a bit more unpleasant for her chauffeur. For the second time in a week, Holmes' car was involved in a fender-bender, with the latest incident leaving a huge dent near the car's tail. Holmes and daughter **Suri** were leaving Suri's gymnastics class when their chauffeured Mercedes was struck by a recycling truck near 33rd Street and Sixth Avenue, according to E! News.

Sure, we'll call this one winning

Charlie Sheen is vowing to donate 1 percent of his profits from his new show, "Anger Management," to the USO, a nonprofit that helps members of the U.S. military, according to Hollyscoop. Sheen has declared he will donate a guaranteed $1 million, with no upper limit to what he'll donate should profits increase. The initial million marks the highest donation made to the organization from an individual. The money is reportedly earmarked for an entertainment facility for injured veterans.

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

@MileyCyrus
How is it legal for men I've never seen before to sit in front of my house and then follow me around! So shady and scary

@YO_RANDY JACKSON
Who in their right mind buys gold shoes...

@ElizabethBanks
I cannot get enough of the Nestle Crunch Girl Scout Candy Bars!

@SteveMartinToGo
I'll be coming out as gay to promote my next bluegrass album but will return to straight after tour is over.

Jackson

myentertainment

Best of 'The Dark Knight Rises' premiere

1. Even when not onscreen as Scarecrow, **Cillian Murphy**'s icy blue eyes give us creepy chills.

2. Right back at you, **Morgan Freeman!**

3. Marion Cotillard — who plays socialite Miranda Tate in the film — stepped out in a playful puff.

4. Anne Hathaway, aka Catwoman, is probably wearing an OK dress. But we can't get past the hair.

5. The Dark Knight himself, **Christian Bale**, hit the red carpet with wife **Sibi Blazic**.

6. When you're as rich as **Donald Trump**, you get to see "The Dark Knight Rises" early with your much younger wife.

ALL PHOTOS: LARRY BUSACCA/ GETTY IMAGES

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ETHEREAL SUMMER HAIR

We're obsessed with the romantic braided crown that stylist and Redken Creative Consultant Guido Palau created for the Spring '12 Valentino show. With temperatures in the 90s, it's the perfect time to sweep the hair off our sticky necks and into a dreamy updo. We headed to Cutler/Redken Salons where stylist Jenny Balding gave us a step-by-step tutorial. Warning: You'll need some French braiding skills and patience. Or better yet, find a girlfriend who will come over and do it for you.

TINA CHADHA
tina.chadha@metro.us

MILES DIXON/METRO

▶ Pro tips:
1. Start with dirty hair.
2. Ruffle up the braids and pull some pieces out a little.

Tool of choice

"Spray a dry shampoo — especially if you have fine hair — to your roots and mid-length to add texture to your locks and for some more grip," says Balding. She likes **Redken Powder Refresh ($8, www.redken.com).**

▶ Stylist Jenny Balding works her magic on Haley Sulka.

Balding's instructions

1 Divide your hair into three sections: the front, the crown and the back. The finer the hair, the thicker the sections need to be.

2 French braid the crown, braiding toward the right ear, and tie with a rubber band.

3 Braid the front section. Start from your left ear and work your way across the forehead until you get to behind the right ear.

4 Once your front braid has reached the right side, connect it with the crown braid.

5 Braid them into the remaining hair. Make sure to braid right down to the very tip.

6 Wrap the braid going from the left to right around your crown and pin.

7 Use three pins on each side and one in the center to secure your braid.

8 As you go through, pull some pieces out at the root to make your braids chunkier. "The messier the braids, the cooler it'll look," says Balding.

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A cockfight comes to Times Square

STEPHEN CUMMISKEY

▶ Mike Bartlett wrote the controversially titled "Cock," now playing at the Duke Theatre (www.cockfightplay.com). Read the full interview at www.metro.us/wellplayed.

The playwright behind 'Cock' explains his titillating title Mike Bartlett invites audiences into an arena setting to watch lovers spar about sexuality

Following Gay Pride Month in June, we sat down with playwright Mike Bartlett to discuss some of the inspiration and meaning behind his controversially titled play, "Cock." Also known as "The Cockfight Play," this work — which is currently playing at the Duke Theatre in Times Square — is about John, a gay man who falls in love with a woman and struggles to figure out what that means for him, his female lover and his boyfriend. It's staged in a ring of plywood with stadium seating around a small green floor, wherein the characters circle each other through rounds of verbal sparring about sexuality, identity and labels.

What inspired you to write this play?

There were a lot of people I knew who would say they were gay or say they were straight, but had experiences that were the opposite of that. … Then I went to Mexico with a playwrights exchange. I was fascinated that they still do cockfights and bullfights. I didn't see a cockfight, although I saw them take the cock around the village before the fight. But I did go to a bullfight. And you realize that it's an activity where you come together for a ritualized killing of an animal — you're like a mob surrounding this fight to the death.

So the premise and the theater-in-the-round style were always built in?

Yes, always — that we look down on them, so it's like we're judging them, like in a bullfight or a cockfight. And of course that's brilliant, that's perfect for what we're trying to do. There was an idea from the beginning that there's no set or props or costumes, there's not even naturalistic movement,

Bartlett on the title:

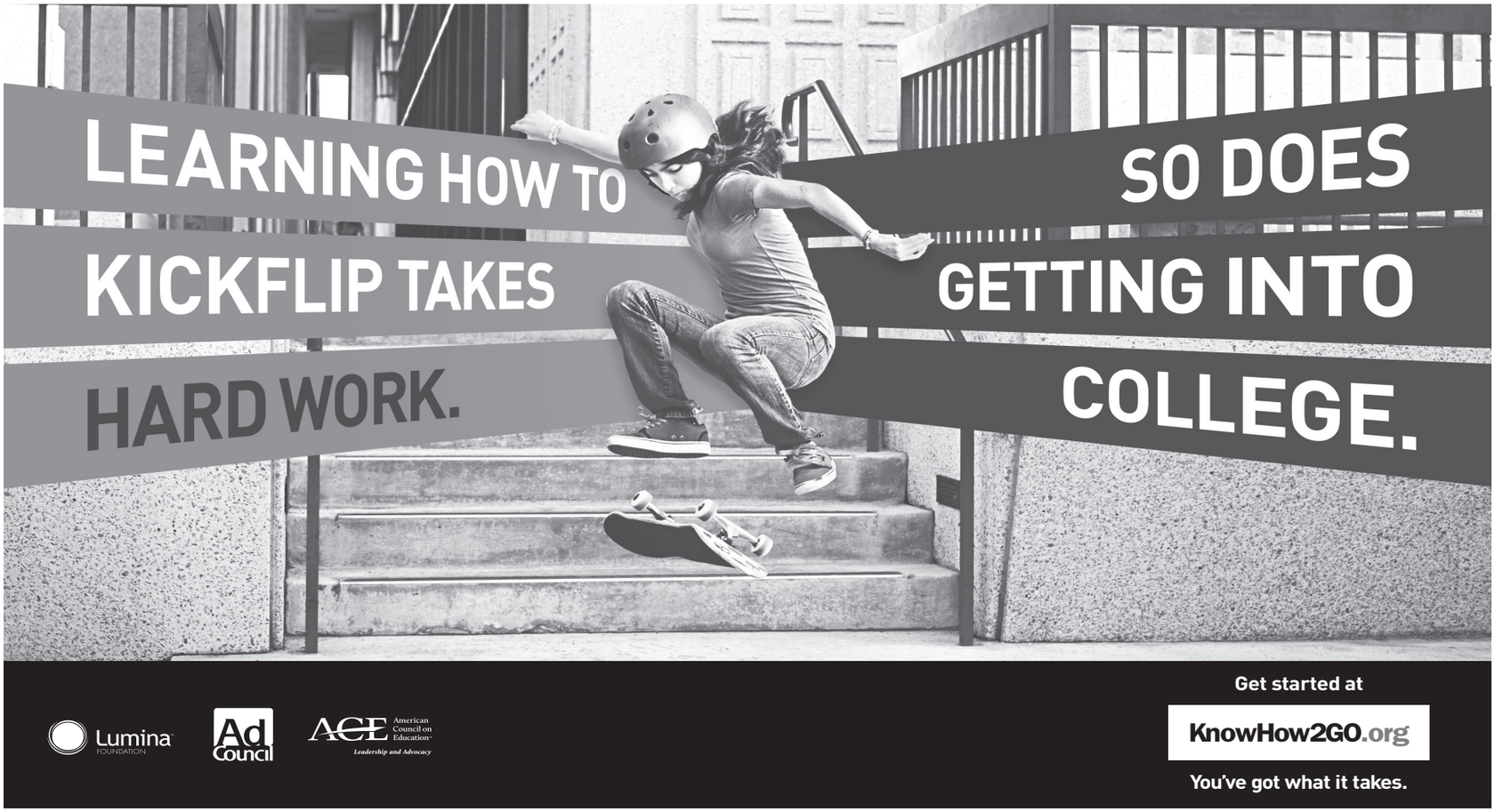
"About six scenes in, I realized that it was like a cockfight. … And I was getting really irritated with the main character because he wouldn't make any decisions. And I don't know if it's true here, but in Britain if someone's really irritating you like that, you think "Oh, he's a complete cock" — he's not a dick, he's not an asshole; he's a cock. I often think a title works in dialogue with a play. The audience comes in knowing the title, so they're often thinking: "How does the title relate to this scene, or this character, or this moment?" … That's why it's called what it's called. And it's been a much bigger issue here than it was in London."

it's just [people] concerned with the drama and what they're trying to do with each other. Because at a particularly argumentative dinner party — or when you're really into conversation with someone or on a great date — you don't think about the surroundings. All you're concerned about is the other people.

Is John choosing between the two people, or is he figuring out his sexuality?

He says it's about the person you're with, not the gender; but the sexuality is the thing that's getting in the way. He feels like he's made a choice about his sexuality, which means he can't choose the person. Or if he does, it means he has to recalibrate [his sexuality]. … It's more pressure to conform to those clear definitions.

T. MICHELLE MURPHY
tmichelle.murphy@metro.us



myentertainment

Walk Off the Earth: More than somebody that you used to know

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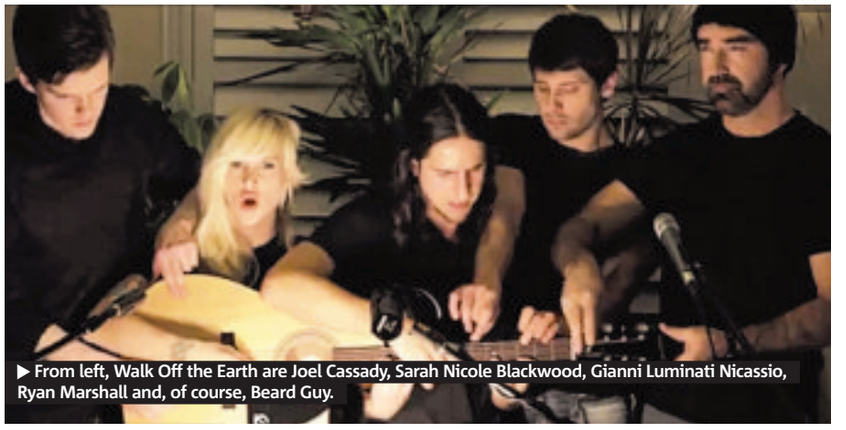

▶ From left, Walk Off the Earth are Joel Cassady, Sarah Nicole Blackwood, Gianni Luminati Nicassio, Ryan Marshall and, of course, Beard Guy.

If you're among the 127 million people who have seen Walk Off the Earth cover Gotye's mega-popular single with one shared guitar, you know that these five Canadians are all about innovation. So it's no surprise then that the band was able to leverage their YouTube popularity for an album that will be out in the fall. Though the album will comprise almost all original material (don't worry, the Gotye song will be on there), singer Sarah Nicole Blackwood says that the major label deal won't change their fun approach to music.

If you go

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With the very notable exception of the "Somebody That I Used to Know" clip, there are so many different instruments in your videos. Do you bring all of them on tour?
Yeah, we totally do. Our crew hates us, actually. Not only do we bring them but we throw them at them throughout the show.

You're the only one who's playing regular guitar there, plucking strings and fretting, right?
Yeah. I mean Gianni [Luminati Nicassio] is doing the same thing, kind of soloing away, [Ryan] Marshall's got the bass line, Joel [Cassady] is playing drums and then Beard Guy's playing the clanky noise.

You really call him Beard Guy?
Yeah, we actually call him Beard Guy. Well, in the band. ... He's always had his beard. He just looked really cool when we were doing takes for the video. As we shoot a video it's really cool how each character will develop pretty much right away, so we were watching some of the takes that we had done and we were just like, "Dude, you look cool just staring off to the side like that, just do that." And that kind of became his character. But we actually do like – when we talk to him, instead of saying "[Mike] Taylor," we'll be like, "Hey Beard!"

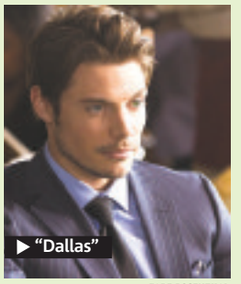
How long does it typically take to do one of these videos?
A long time. Most of our videos are one take, which is — it takes a long time to shoot but it takes a short period of time to edit, which is a lot nicer.

PAT HEALY
pat.healy@metro.us

Q&A

You've just signed a deal with Columbia, but you guys have done so well on your own. Why did you need a label?
We're still figuring that out, actually. I totally see where you're coming from — I'm a punk girl, I like going with indie labels. Basically we know what kind of audience we can reach with the power of our YouTube channel, and we know that we have the power to do a lot of things. The deal that we signed isn't the average deal. People think it's just gonna be like, "Oh, you guys probably got tons of money." We didn't do it for any kind of money. We basically need to build our team, because the five of us can't take over the world — and although the record industry is dying out, there are things they can help us with. So if anything, we've basically hired them to help make us bigger.

TV watch list



▶ "Dallas"

ZADE ROSENTHAL

'Dallas'

DRAMA. Rebecca reveals a secret, John Ross tries to instigate a family feud and a family associate is murdered. So, just another day on Southfork. **9 p.m., TNT**

'Beverly Hills Nannies'

REALITY. The nannies turn into enemies when partying conflicts with work. It's very important to teach children growing up in Beverly Hills about frenemies from an early age. **9 p.m., ABC Family**

'The Virgin Diaries'

REALITY. A 34-year-old who collects his belly button lint relies on his "wing mom" to find dates, ensuring he will become a 40-year-old virgin. **10 p.m., TLC**

AMBER RAY

NOTICE OF PUBLIC HEARING

NOTICE OF A FRANCHISE AND CONCESSION REVIEW COMMITTEE PUBLIC HEARING to be held on Monday, August 6, 2012 commencing at 2:30 PM at 22 Reade Street, Borough of Manhattan in the matter of a proposed assignment of a public pay telephone franchise from the current franchisee, Comet Communications, Inc. ("Comet"), to Vector Telecom LLC. Vector Telecom, LLC is proposing to acquire Comet's interest in, and to assume Comet's obligations under, Comet's franchise agreement with the City of New York, which grants the non-exclusive right and consent to install, operate, repair, maintain, upgrade, remove and replace public pay telephones on, over and under the inalienable property of the City.

Copies of the proposed assignment and assumption agreement and the existing franchise agreement may be viewed at the Department of Information Technology and Telecommunications, 2 Metrotech Center, 4th Floor, Brooklyn, New York 11201, from July 13, 2012 through August 6, 2012, between the hours of 9:30 AM and 3:30 PM, excluding Saturdays, Sundays and holidays. Hard copies of the proposed assignment and assumption agreement and existing franchise agreement may be obtained, by appointment, at a cost of $.25 per page. All payments shall be made at the time of pickup by check or money order made payable to the New York City Department of Finance. The proposed assignment and assumption agreement and existing franchise agreement may also be obtained in PDF form at no cost, by email request. Interested parties should contact Roxanne Chambers at (212) 788-6610 or by email at RChambers@doitt.nyc.gov.

NOTE: Individuals requesting sign language interpreters at the public hearing should contact the Mayor's Office of Contract Services, Public Hearing Unit, 253 Broadway, 9th Floor, New York, New York 10007, (212) 788-7490, no later than SEVEN (7) BUSINESS DAYS PRIOR TO THE PUBLIC HEARING. TDD users should call Verizon relay service.

The Hearing may be cablecast on NYC Media Group channels.

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Nook for Web, which launched Tuesday, is compatible with all PC and Mac-supported Web browsers. It offers a beautiful, uncluttered reading experience. You can choose from eight font types and sizes. Pages can be read in a single or double-page layout and are turned with a scroll of your mouse.

It's surprising it took Barnes & Noble this long to release a Web-based e-book reader. According to a Pew Research Center survey published this spring, a computer is the most popular device for reading e-books: 42 percent of those who read e-books say they read on a personal computer, followed by an e-reader (41 percent), cell phone (29 percent) and tablet (23 percent). Both Amazon and Google launched browser-based readers back in 2010. And although Barnes & Noble already had downloadable reading applications for Macs and PCs, books have been inaccessible to those who frequently use public computers and can't install any software on those devices.

The books don't require a download.

Conveniently, e-books will automatically sync across devices: If you leave off on page 16 of a novel on your iPhone, you can resume on the same page on your desktop an hour later.

In addition to the Web, Barnes & Noble has five other applications for reading e-books, including ones for iPhones, iPads, Android smartphones and tablets, PCs (download required) and Macs (download required).

LAUREN INDVIK FOR Mashable
The Social Media Guide

GETTY IMAGES

In the news

The CW picks up Whedon's 'Dr. Horrible' Web series

▶ Joss Whedon

"Dr. Horrible's Sing-Along Blog," a Web series conceived during 2008's Writers Guild of America strike, is headed to television.

According to writer, creator and "Avengers" director Joss Whedon, The CW has picked up the three-part musical tragicomedy starring Neil Patrick Harris, Nathan Fillion and Felicia Day.

Whedon made the announcement toward the end of a Comic-Con panel for Dark Horse Comics (with which he has collaborated on a number of Dr. Horrible titles). The program will air on the network sometime in 2013. There's no news yet on the exact day or timeslot — or if Whedon and company will film new material for Dr. Horrible's television premiere.

Whedon recently revealed that a "bunch of songs" are already written for the next iteration of the "Sing-Along Blog." It's just a matter of finding the time to make those songs part of a full-fledged production.

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mywellbeing

Here's your vacation workout

We know it's your time to relax, so we got you a total body plan that won't stress you out during your break

If you're headed on vacation for an added dose of happiness in your life, an on-location workout can help you get there.

"It's the perfect way to start or end your day and put your mind at ease and keep you moving toward your optimal health," says Christy Maskeroni, MS, RD, a nutritionist, trainer and yoga instructor at NYC's CLAY Health Club and Spa. "Whether it's 20, 30 or 60 minutes, you'll find more than just physical benefit."

While yes, vacation temptation exists in the form of all-you-can-eat buffets, poolside daiquiris and unlimited chips and guac, you can sneak in a good workout without having to even pack your sneakers (though you should, to get in some extra walking!). We asked Maskeroni to teach us some moves you can do in the comfort of your hotel room.

Wake-up walk-outs

This is a great dynamic total body warm-up to get your entire body and muscles ready for exercise.

ALL PHOTOS: MILES DIXON/METRO

1 Stand up straight and stretch your arms up and over your head, making a big circle.

2 Once your arms are back at your side, in one fluid motion, bend knees until your hands reach the floor.

3 Walk your hands out into a full plank position. Here you should be in one straight line from heels to top of head, gaze slightly forward of the thumbs, wrists under shoulders, abs drawing gently towards the spine, legs active. Hold for one full inhale and exhale. For an added challenge, add a push-up at the end of the plank.

4 Begin to walk the hands back, bending the knees, and keeping the hips low.

5 Once the heels reach the ground, draw the abdominals in and come to stand. For added cardiovascular exercise, reach the arms over head.

6 Repeat 10 times.

Lateral leg lifts

1 Start in standing position, with your hands on your hips.

2 Lift your left leg out to the side about 30 degrees (or as high as you can keeping your hips even), keeping it straight.

Keep a slight bend in the standing leg, abdominals engaged, and the torso upright as you move.

3 Bring the leg back in (keep leg lifted) and repeat. Do 12-15 repetitions. Then, switch sides.

Step up, balance and lunge

Use your hotel's staircase to tone your butt and thighs while also working your core.

1 Start standing in front of step. Place your right foot up on stair and step up, bringing your left knee up to hip height for a balance.

2 Step your left foot down and step right foot back to a full lunge (both knees bent, front knee directly over the ankle, abdominals engaged, shoulders back).

3 Propel your back leg forward as you step back to the stair, into the high-knee position.

4 Repeat same side for 10-12 repetitions. Then, repeat on the other side for 10-12 repetitions.

MEREDITH ENGEL
meredith.engel@metro.us

Squat shuffle

1 Enter into a squat: Bend your legs, keeping your hips back, knees above your ankles, abdominals engaged as if you were about to sit in a chair.

2 Step your right leg out slightly wider than shoulder distance. Then, bring left foot to meet right at hip distance, step the right foot out again, repeat 12-15 times. Repeat on the other side.

For each workout

Repeat each exercise one after the other. After all four exercises, rest 60 seconds and repeat 2-3 times.

Travel snacks

"Eating healthy is totally doable on the go," Maskeroni says. Here are her favorite portable bites:

- Whole fruits
- **Individual packets of nut butters,** perfect for smearing onto an apple or banana
- **Trail mix:** "Do all your favorite nut mixes and then unsweetened fruit if you like. Just make sure that they're unsweetened — it should say on the label."
- **Granola bars:** "Make sure that when you look on the ingredient label you recognize the ingredients on there. And make sure it has at least 8 grams of protein so it's gonna give you some sustaining energy." If it's a snack, the bar should be "around 200 calories."
- **Single cups of oatmeal:** Use the coffeemaker in your hotel room for hot water. "Do plain oatmeal and then have your trail mix to add sweetness and some protein with the nuts."
- **Jerky:** "It is a really great source of protein. Go for the organic."
- **Protein powders:** "There are some companies that make individual packets that you can throw in with milk or water and that's easy — it's a great high-protein quick meal, with a little bit of sweetness."

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Health & Wellness:

New Aloe "Cocktail" Solves Digestion Nightmares for Millions

Doctors report new aloe-vera "cocktail" delivers instant relief to people who suffer from bouts of **heartburn**, **acid-reflux**, **constipation**, **gas**, **bloating**, **diarrhea**, and other **stomach nightmares**...

By Damian Wexler, Freelance health reporter

"Sometimes you'll give anything just to make it stop!"... says Dr. Santiago Rodriguez about digestive distress. He ought to know. After all, he's a world-renowned expert on medicinal botany.

"You can see the tortured look on people's faces as they talk about the scorching burn of stomach acid. Or being so constipated you almost pass out from the pain." And there's nothing worse than being "kept prisoner to your bathroom" because of chronic diarrhea.

It's a nightmare for people who suffer from it. But now, your stomach problems could be over. And the secret is in the healing aloe plant.

FINALLY THERE'S HOPE...

At first, the thought of drinking Aloe vera might make some people back away. But in fact, this delicious "digestion cocktail" is doing amazing things for people who suffer with stomach problems --- even if they've had them for years. Here's how it works…

Is it Worth the Risk? FDA WARNING!

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STOMACH AGONY

Your stomach naturally produces acid so strong, it can dissolve an aluminum spoon in just 30 minutes! And when excess acid escapes into your esophagus, throat and stomach lining… It unleashes the scorching pain of acid reflux, heartburn, ulcers and more misery. Add the problems of stress, and "all hell breaks loose."

Dr. Rodriguez explains... the "***AloeCure®*** can work genuine miracles. It buffers high acid levels with amazing speed. So your stomach feels completely at ease just moments after drinking it." In fact, it could wipe out stomach pain, discomfort, and frantic runs to the bathroom.

UNTIL NOW, LITTLE COULD BE DONE...

But "***AloeCure®*** can help virtually anyone. Even people with chronic stomach pain can feel better right away," says Dr. Rodriguez. And what's really exciting is ***AloeCure®*** aids in keeping your digestive tract healthy, so intestinal distress stops coming back.

DIGESTION DEFENDER #1: BALANCES STOMACH ACID

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Dr. Santiago Rodriguez, Ph.D., world-famous research chemist

DIGESTION DEFENDER #2: INSTANT, SOOTHING RELIEF

AloeCure® is brimming with polysaccharides, this "wonder" compound that gently coats the throat, esophagus and stomach, carrying instant relief to cells scorched by excess acid.

HERE'S WHAT DOCTORS ARE SAYING!

AloeCure® is backed by important scientific studies that confirm... aloe calms stomach acid and allows your body to heal itself.

Dr. Liza Leal, M.D. says, "That's why I recommend it to patients who suffer from bouts of heartburn, acid reflux, ulcers, and irritable bowel syndrome.."

Dr. Santiago Rodriguez agrees. "Just two ounces of ***AloeCure®*** reduces the acids in your stomach by ten times."

Francisco DeWeever, a Certified Nutritional Microscopist, "My patients report their IBS, Crohn's-Colitis, Constipation, Acid Reflux and a host of other digestive problems have all but disappeared."

USERS ARE THRILLED!

"All the problems I had with my stomach are gone. Completely gone."
-Phillip Brown; Machinist

"***AloeCure®*** helped with my bloating, my digestion, even my sleep. I can really see a big difference." -Florence Vazquez, Caregiver

"I can eat what I want and not worry about sitting up all night with heartburn because of it."
-Jaime Leigh, Teacher

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- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
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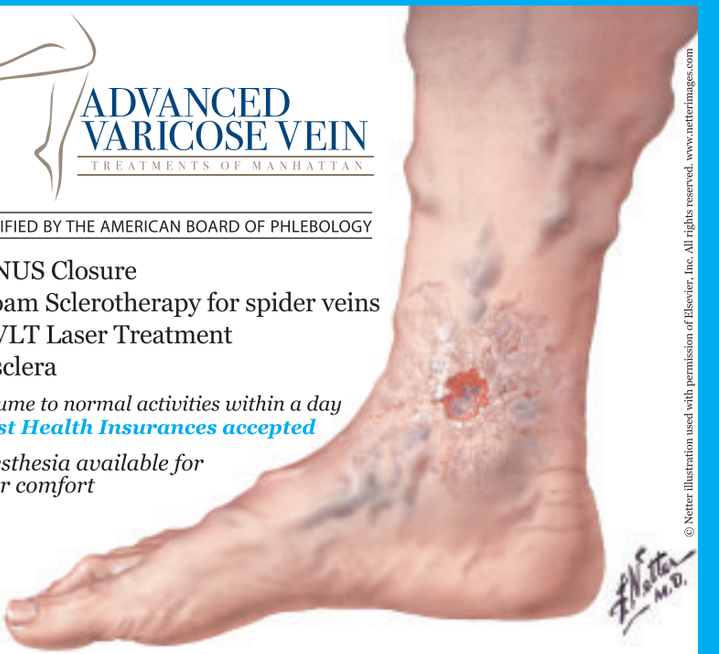

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mywellbeing

Your feet get their day in the sun

DESIGN PICS

▶ We know, we know — flip-flops are so darn comfortable. But they're really not doing your feet any favors.

▶ They can finally breathe now that summer's here ▶ But the warm weather brings out a whole mess of problems for your tootsies ▶ How to protect yourself

During the summer, feet take a beating through increased activity and extra damage from wearing shoes with no protection or support — yup, we're talking about your beloved flip-flops.

"Flip-flops make many foot problems worse," says podiatrist Dr. Oliver Zong of Manhattan's NYC Foot Care. "They can also cause new problems like Achilles tendonitis, especially for women going from high heels to flat flip-flops. The tendon doesn't have time to adjust."

Flip-flops don't offer protection against puncture wounds, which can cause blood poisoning and, in rare cases where they're not treated, can be fatal.

"The thin pancake soles are the problem," says Dr. Zong. "It's better to choose a wedge type with arch support."

Summer's plus side for feet is that we actually see them naked and can identify possible problems.

"Look at your feet," Dr. Zong advises. "Check for melanoma. Look for hyperpigmentation, any brownish-blackish marks with jagged edges. If it's bigger than a pencil eraser, get it checked. And always use sunscreen on your feet."

If you're one of many women (and men) who like to primp their tootsies with a pedicure, know how to stay safe in the chair. Dr. Zong advises common sense. "The danger is spreading toe fungus, which is very difficult to treat. Choose a reputable place. If you're unsure whether they have sanitized equipment, ask — or take your own pedicure set along."

"It's interesting: In cultures where no one wears shoes, there are no foot problems."
DR. ZONG

The more you gain, the bigger the pain

Recent research from the Institute for Preventive Foot Health **(www.ipfh.org)** has linked painful foot problems such as ankle sprains, blisters, calluses and athlete's foot to obesity. "People who have foot pain are less likely to be active and that can lead to weight gain and then other health problems," says Dr. Zong. "Most foot problems are caused by friction from shoes. Wearing wider shoes is one option. Athlete's foot and other fungal conditions are easily treated with over-the-counter creams and proper hygiene."

LINDA CLARKE
letters@metro.us

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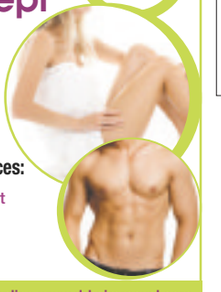

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We're big fans of KIND bars at the Metro office, and we love that these new goodies have few ingredients and only 5 grams of sugar or less. Try the Cashew & Ginger Spice flavor for a protein-packed kick. **$2, grocery stores**

2 Wild Squirrel Nut Butter in Sneaky Cinnamon
We are all about the new squeeze packs of this sweet peanut butter, developed by two college students. It only contains six ingredients and is perfect for your on-the-go snacking needs — toss an apple and one of these into your bag and you're set. **$10 for a 10-pack, www.wildsquirrelnutbutter.com**

3 CJ Annie Chun's Roasted Seaweed Snacks in Brown Sugar & Sea Salt
Craving something crunchy? Warning: These sweet-and-salty seaweed strips are addictive. They're also free of preservatives, MSG, dairy and gluten — and they're vegan! **$2, Whole Foods**

4 Seapoint Farms Dark Chocolate Edamame Crunch bar
We are aware of the irony in recommending a chocolate bar on the health page. But while this isn't exactly a nutritious snack, it tastes too out-of-this-world (like a salty Crunch bar) to bypass. And it's not too shabby in terms of nutrition, boasting dry-roasted edamame and even some fiber and protein. **$3, www.praimgroup.com/shop**

MEREDITH ENGEL
meredith.engel@metro.us

It's Greek to us!

Rickland Orchards Greek Yogurt bars
This brand-new company has wowed us with its first product — a fiber-full frozen granola bar with Greek yogurt (and probiotics) in it. It's a refreshing, filling snack for those sweltering summer days. We love the cranberry almond flavor. **$1.50-$2, Walgreens**

Dannon Light & Fit Greek Yogurt
With a smooth, creamy taste and about half the calories and double the protein of regular low-fat yogurt, this new fruit-on-the-bottom snack is a winner in our book. **$4, grocery stores**

Ciao Bella Adonia Greek Frozen Yogurt
Ciao Bella offers our go-to gelato and sorbet to bring to a dinner party and instantly be the crowd favorite. So we're psyched that they recently jumped on the fro-yo wagon. The Adonia Greek Frozen Yogurt is an all-natural, velvety treat high in protein and low in calories (you hear that, summer brunch parties?). The line has 14-ounce containers at 130 calories or guilt-free 75-calorie bars. Best part of those: no dishes. **$5, grocery stores**

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Letters

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Zimmerman denied a fair hearing?

As I read the news story on an accusation of molestation by a female relative of George Zimmerman, I only wondered how this information plays any role in court when Zimmerman goes on trial for second-degree murder in the Trayvon Martin case? The judge in the case ordered a March 20 interview with the alleged victim with investigators released under Florida's public records law. I would agree with Zimmerman's lawyer who said this tape was both irrelevant and prejudicial to his client. Zimmerman is on trial in the killing of Martin, he is not on trial for sex abuse charges. Law enforcement should deal with that case separately. Whatever your opinion is on Zimmerman the night he killed Trayvon Martin, he will go on trial and be judged by a jury. He is still innocent until proven guilty as he is in this newest abuse charge. The media needs to stop beating up on Zimmerman, no matter what anyone's opinion of him is. We are a nation of laws and a system in place to judge lawbreakers. Use it, not the media, to try someone.

SAL GIARRATANI, VIA E-MAIL

Paterno family should be prepared

An answer for Adelaide Verponi: cover-up! Sandusky may have been the predator, but Paterno and the university deliberately concealed his crimes for decades. Doubtless there a great many of Sandusky's victims still out there, unable or unwilling to speak. Let's hope they find some peace now that it's finally in the open. As for Paterno's family launching their own probe, I hope they're prepared for what they find. It's not likely to be pretty.

JOSEPH CONNELL, VIA E-MAIL

Shame and fear lead to victims' secrecy

I cannot believe the clueless person who actually questioned why the boys abused by Sandusky didn't tell their parents or the police! For one thing, abuse victims are often so ashamed that they won't tell ANYONE. For another, their claims are often not believed, especially if the abuser is an esteemed and trusted figure like "Coach." And for another, if the boys couldn't discuss it with their parents, why on Earth would they go to the police — who would then tell their parents?

JONATHAN T. MELICK, VIA E-MAIL

Why didn't any of Sandusky's victims tell their parents? Because people are scared to take down people who are in higher position. However, it does show how sick our society really has become. The same quagmire besets Occupy movements today. Until they realize that they are the carriers of sin by your fore fathers, they will never understand why white middle class young people are jerked as minorities have always been jerked before them. Sin is always passed down when it isn't dealt with from the beginning. Your forefathers jerked minorities, and now it's your turn.

CALVIN DAVIS, VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♋ Cancer **June 21-July 22.** If you're not careful, a domestic confrontation over a minor infraction could overwhelm the household. Even though the issue is petty.

♌ Leo **July 23-Aug. 22.** Although normally you're pretty good about keeping your temper in check, if you're not careful you could spontaneously overreact should your views or opinions be challenged.

♍ Virgo **Aug. 23-Sept. 22.** Hanging around with friends who are notoriously extravagant or reckless with their funds opens up the possibility of you following their lead.

♎ Libra **Sept. 23-Oct. 23.** If you're at odds with your mate over something trivial, make sure you resolve it before going out with friends. You won't want trouble when you're trying to have a good time.

♏ Scorpio **Oct. 24-Nov. 22.** Be exceptionally careful if you have to work with tools or materials with which you're unfamiliar. You might have to keep a close eye on a helper who could be inexperienced.

♐ Sagittarius **Nov. 23-Dec. 21.** When out with friends, be on your best behavior if you find someone in the group to be brash or rude. If you respond in kind, you will look bad — not him or her.

♑ Capricorn **Dec. 22-Jan. 19.** Before establishing a big objective, be sure it's truly worthy of the trouble it might take to achieve it and not something that you won't appreciate once you get it.

♒ Aquarius **Jan. 20-Feb. 19.** Your manner of expression could make a much stronger impression than you are likely to intend. Thus, be sure that what you say enhances your image, not damages it.

♓ Pisces **Feb. 20-March 20.** Being a bit of a risk taker, you could easily jump into something that is financially way over your head. Be particularly wary of anything that seems too good to be true.

♈ Aries **March 21-April 19.** Think twice before pulling the rug out from under a direct competitor. The consequences of your actions could take you down along with him or her.

♉ Taurus **April 20-May 20.** Instead of vowing to eventually correct a mistake you made, take action the moment you realize your gaffe. The longer you wait, the worse it'll get.

♊ Gemini **May 21-June 20.** There's a chance you could get caught up in a situation in which the position you want to take opposes the will of the majority. Don't try to fight city hall on your own.

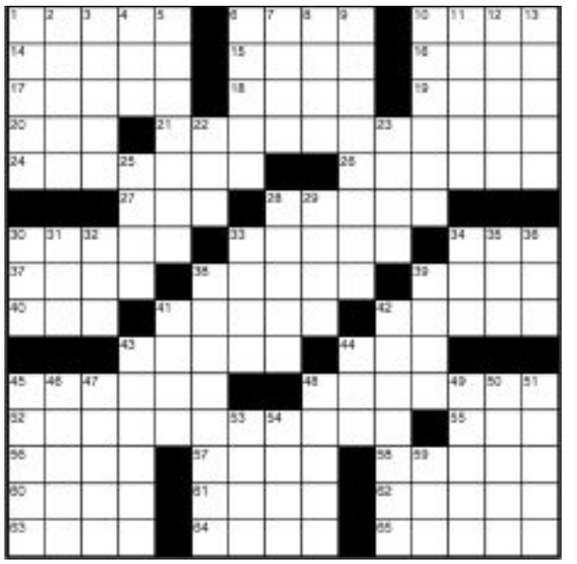
BERNICE BEDE OSOL

Across

1 Like poppy seeds
6 Union flouter
10 Bloke
14 Chocolate tree
15 Monsieur, in Bonn
16 Next in line
17 Surpass
18 McClurg or Brickell
19 St. —'s fire
20 Lennon's wife
21 Like backpackers' meals (hyph.)
24 Tall dessert
26 Nulls
27 Frat letter
28 Hot
30 Big buttes
33 Mr. Spock's father
34 Yankee foe
37 Matty or Felipe
39 Jetty
40 Signs off on
41 Curry favor
42 Bach opus
43 Robin snacks
44 Indicate disfavor
45 "Sea of Love" star
48 Touchdown
52 Short distance (2 wds.)
55 Byron work
56 "Alfred" composer
57 Huron neighbor
58 In reserve
60 Yarn spinner
61 Claim on property
62 Overlord
63 Quite a few
64 "Star Wars" guru
65 Darlings

Down

1 Dip of ice cream
2 Hawaii's – Loa
3 Oscar nominee
4 Stripling
5 Bath scrubbers
6 Piece of paper
7 Give up land
8 Border st.
9 More casual
10 Red fruit
11 Sun, in combos
12 Filmdom's Anouk –
13 Cattle movers
22 Carnaval city
23 Knock flat
25 Senora, from Berlin
28 Smoothes wood
29 Fly, to a spider
30 1960s chairman
31 North Woods roamer
32 Maritime alert
33 Thailand, once
34 Kerman, for one
35 Water, in Calais
36 "So long!"
38 Gloomily
39 Je ne sais –
41 Voicemail prompt
42 Too bold
43 Napa Valley stop
44 Good buddy
45 Choir selection
46 Posh hotel lobbies
47 Comic-strip warrior
48 Gladiator's place
49 "There you are!"
50 Waiter, at times
51 Ogles
53 Quartet minus one
54 Rushed off
59 Take legal action



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			8				7	9

SUDOKU **LEVEL: EASY**

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2					6	9	3	
	4						8	
		9			7	5		
7		6				1		8
		1	8			3		
	7						2	
	9	2	4					5
6		5		9	8			

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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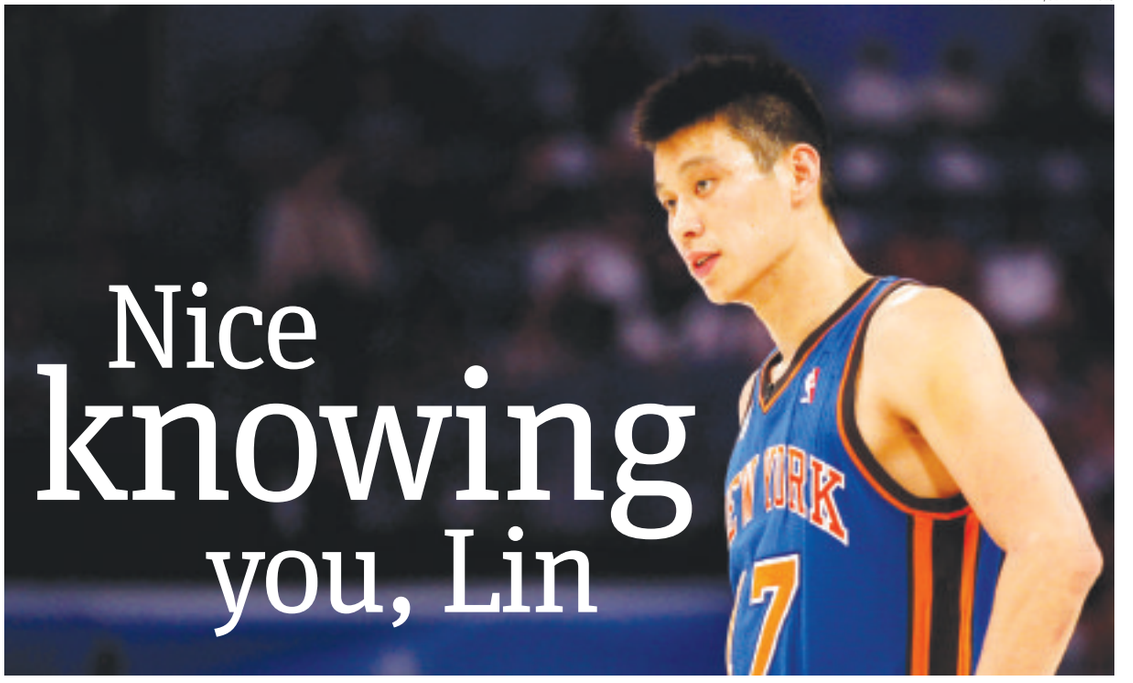

Nice knowing you, Lin

Report says Knicks brass made decision to move on from Lin prior to midnight deadline Team decides that they have had enough Linsanity

We hardly knew you, Jeremy Lin.

About an hour before the midnight deadline, Lin's time in New York officially came to an end. The Knicks confirmed they would not match Houston's offer sheet to bring back the point guard who became such a sensation last season.

The New York Times had reported earlier yesterday that Knicks management ended talks on whether to match the offer sheet at 4 p.m. and would let the point guard sign with the Rockets.

Since news of the trade for Raymond Felton was reported by the media this weekend — and confirmed officially by the Knicks on Monday — it was assumed the Knicks wouldn't bring Lin back.

940 Lin played 940 minutes for the Knicks. For the record, 4,320 minutes elapsed in the three days the team had to match Lin's offer.

Lin, a restricted free agent, signed an offer sheet with the Rockets for three years and $25 million. The contract has a so-called "poison pill" in the third year. The deal would pay Lin about $5 million in the first two years and $14.8 million in the third. If the Knicks had matched, they would've been significantly over the salary cap in the third year of the deal and subject to a new punitive luxury tax in 2014-15 that would have cost the Knicks over $50 million.

Still, New York had implied all offseason they would match any offer for Lin, with head coach Mike Woodson going as far as to say he would be the starting point guard on the team in preseason.

Newly signed point guard Jason Kidd had even talked about looking forward to mentoring Lin in the upcoming season when he was introduced last Thursday.

MARK OSBORNE
mark.osborne@metro.us

Jets' Sanchez looks good at camp: source

The Jets appear to have an early leader in the clubhouse for starter at quarterback this fall.

Mark Sanchez held his annual "Jets West" camp last week, with both he and Tim Tebow taking part and sharing snaps.

Meanwhile, wide receiver Santonio Holmes, also a partcipant, told NFL Network yesterday he didn't think a two QB system could work in the NFL.

"You have to allow one quarterback to get into the rhythm of a game," he said.

Metro New York spoke to a player at the camp — not Holmes — who wanted to stay anonymous, who said Sanchez looked great at "Jets West."

"It wasn't really close. The way Mark was throwing the ball and performing. He is the clear cut starter." **KRISTIAN DYER**

3

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Nets re-sign Humphries for two years

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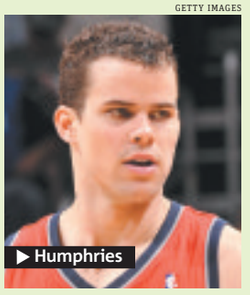


▶ Humphries

When the Nets re-signed the light-rebounding Brook Lopez to a max deal last week it seemed like only a matter of time before they brought back bruising power forward Kris Humphries.

Brooklyn made it official yesterday, inking Humphries to what is reportedly a two-year, $24-million contract.

"Kris has been a very consistent player for us over the past two years," general manager Billy King said in a statement released by the team. "He has developed into one of the top rebounding forwards in the league, and we are very pleased to welcome him back."

There was a surprisingly lack of interest in the forward, who averaged 13.8 points and 11 rebounds per game last season, maybe due to his growing tabloid infamy.

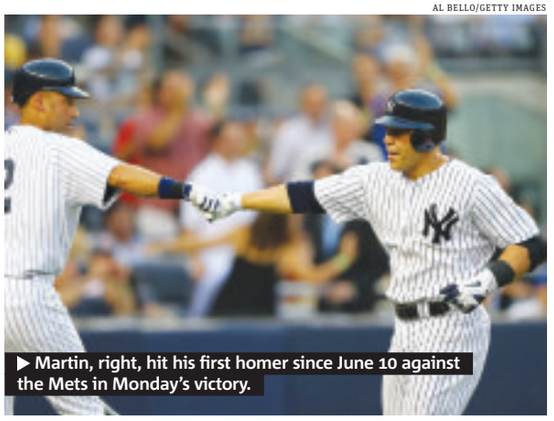
But with the 7-foot Lopez averaging just 5.9 rebounds per game in 2010-11 — his last full season — the Nets were badly in need of some physicality in the post.

Humphries should slide right into the starting lineup alongside Deron Williams, Joe Johnson, Gerald Wallace and Lopez. All five starters will be making over $10 million in 2012-13.

Humphries joked on Twitter after the signing he was happy Nets part owner Jay-Z hadn't "dropped him from the team" as Kanye West once rapped. **METRO**

Yanks' Martin working on net gains with Long

AL BELLO/GETTY IMAGES



▶ Martin, right, hit his first homer since June 10 against the Mets in Monday's victory.

One day after hitting his first home run in 66 at-bats, Russell Martin was among those taking part in Yankees hitting coach Kevin Long's pre-game net drill — made famous by Robinson Cano's daily deep-fly routine.

Unlike Cano, who frequently hits one ball after another into the right-field seats, Martin spent most of his session pulling the ball to left and left-center field. He did not have the same home run frequency as Cano in the drill but for him, the exercise was about different perspectives.

"For me it's just like hitting in the cage," Martin said. "You see the flight of the ball and see how you're striking the ball. For the most part, I like to work the other way. But it's also good to quicken up your hands and recognize how to hit pitches that are inside."

Though Martin is hitting .179, he's had two big hits since the break — both of which have gone the opposite way.

"For me, that's why I like it," he said. "I'm so right-center oriented, I kind of lose the feel for pulling the ball. It kind of allows you to pull the ball and see that you're pulling it the right way." **LARRY FLEISHER**

Joba's strides

Joba Chamberlain's rehab from an ankle injury and "Tommy John" surgery continued Tuesday in another Gulf Coast League outing.

- **He pitched the first inning of a game against the Gulf Coast League Phillies and struck out two.** Perhaps more importantly he reached the high 90s in velocity.
- **"We're very encouraged by what he's doing right now," manager Joe Girardi said.** "He'll take a couple of days off now and probably throw again and eventually he has to get to back-to-back outings. But it seems we're getting through this and it shouldn't be a real long time."

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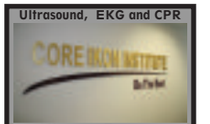
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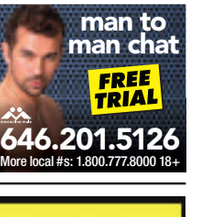

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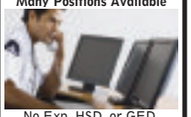

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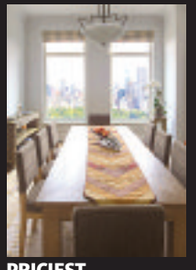
AT HOME WITH metro®

Market watch

CHEAPEST
$225K
310 W. 56th St.
The cheapest property listed this week is a first-floor co-op at 310 W. 56th St. This studio, in a doorman building, is listed by Douglas Elliman for $225,000.



PRICIEST
$27.75M
15 Central Park West
The most expensive unit listed this week is a three-bedroom condo at 15 Central Park West. With views of Central Park, the 2,761-square-foot property is listed by Brown Harris Stevens for $27,750,000.

STREETEASY

StreetEasy.com *is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.*

Classic Homes of the Poconos Offers Spacious Luxury

Shown here is the "The Bridgeville I" now offered by Classic Homes of the Poconos for just $194,500 Complete. Terms are just $6,808 down, $1,544 monthly including taxes, and insurance. Included are 3 or 4 large bedrooms, 2 1/2 baths, living room, dining room central air &heat, whirlpool complete appliance package, deck, fireplace, front porch, attached garage, and complete landscaping. 2,293 Sq. Ft.

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Get crafty: DIYs to tackle on a lazy summer day before hitting that batch of margaritas

Bike wheel potholder

Crafty reader Emily Drum knew she hit the jackpot when her neighbor threw out his old bike wheel. The Brooklyn resident used the discarded part to create a handsome, utilitarian, space-saving pot rack. Eat your heart out, Restoration Hardware.

What you need:

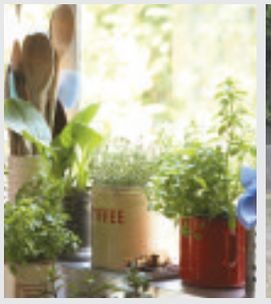
- An old bike wheel
- 3 equal pieces of chain cut to just over twice the length you want the wheel to hang from the ceiling (Drum's chains are each 46 inches long, and her wheel hangs about 21 inches from the ceiling.)
- Toggler Heavy-Duty Swivel Hook (includes an anchor that holds up to 60 pounds in a half-inch of drywall)
- S-hooks

EMILY DRUM

▶ This will take you less than an hour to do.

Instructions:

1. Drill a hole in the ceiling using a half-inch drill bit.
2. Install the Toggler hook and anchor per the instructions on the package.
3. Hook one end of a piece of chain on the hook, wrap the chain once around the rim of the bike wheel, and hook the other end on the hook.
4. Repeat with the other two pieces of chain, spacing them out evenly to balance the wheel.
5. Hang s-hooks on the spokes for your pots and utensils.
6. Dust off your prettiest pans and display. METRO



Birdcage planter

Want to grow flowers or herbs in your apartment, but Ms. Kitty keeps eating them? Try keeping your plants in an antique birdcage. Place it on a table or your windowsill, or, for extra cat-proofing, hang it from the ceiling — as long as it's in an adequately sunny space. You can find a cute, inexpensive bird cage at a garage sale, flea market or antique shop. Keep the antiqued look if it suits your decor; or for a more modern twist, strip down the paint and spray on a bold color. METRO

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Roommate code of conduct

More people move in the summer than any other time of year Before you sign a lease with your new Craigslist buddy, read the advice from Rent.com for cohabitating harmony

Before you and your roomie get into one of those silent treatment standoffs because he or she never replaces the toilet paper roll, we suggest you learn how to live in harmony now. According to Rent.com's recent roommate survey, about half of the respondents (45 percent) admitted to having issues with a current or past roommate. Their biggest pet peeves: a messy mate (20 percent), followed by someone who doesn't pay bills on time (10 percent) and someone who uses things without asking (9 percent). Rounding out the complaints was a roommate who constantly has people over (6 percent). If you're guilty of one or more of these, it's time to make your roommate a batch of brownies — and clean the bathroom already.

Here is Rent.com's advice to cohabitating bliss:

Keep it real

Before you sign a lease, it's important for your roommate to understand your schedule. If you are an "early to bed, early to rise" kind of person, a roommate who works on mixing his DJ tracks at night may not be your best bet.

MONKEY BUSINESS

▶ Communication is the key to a happy home.

20%

Of the people Rent.com surveyed claim their biggest cohabiting pet peeve is a messy roommate.

Divvy the bills

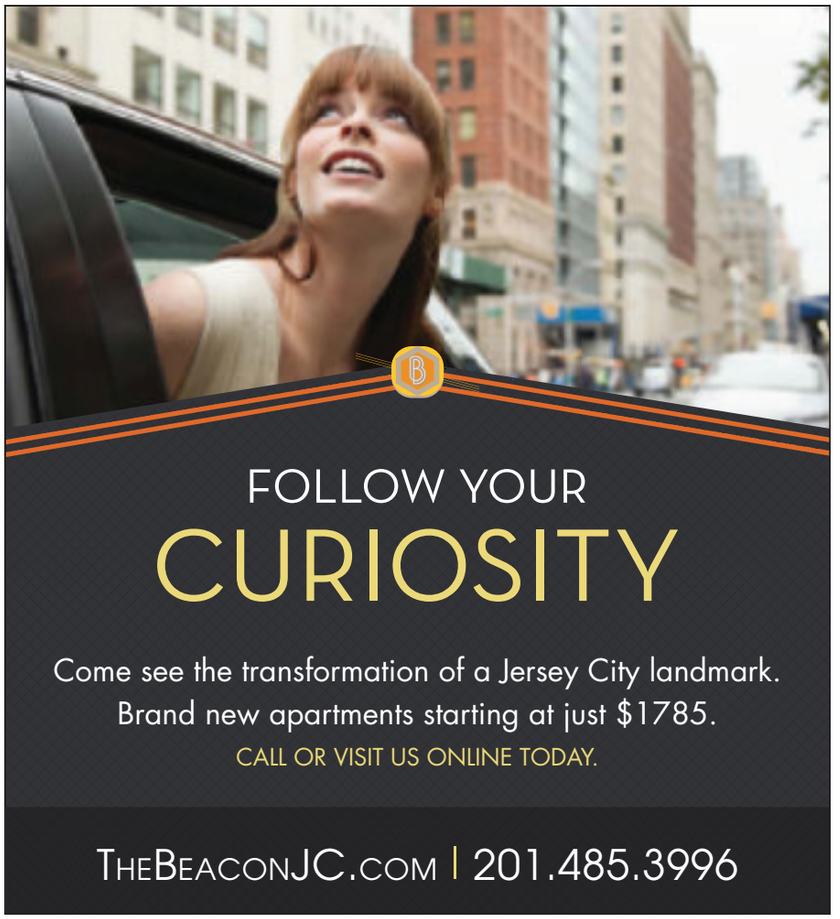
Decide on when and how bills and rent will be paid for before making the roommate bond permanent. For instance, if one person is in charge of utilities, make the other in charge of submitting the rent check each month.

Clean up

As indicated by the survey, keeping clean is a must. It's important to divide cleaning responsibilities so the burden is shared. Be sure to discuss expectations for cleaning before you sign on the dotted line. Talk about who will clean what and how often, and what's acceptable in terms of daily and weekly upkeep. METRO

Talk it out

Working to communicate your needs and expectations to one another is crucial for a happy roommate relationship. For example, if your roommate is a student and wants to use the kitchen table to study, don't watch TV loudly in the same room during study hours. Likewise, if you're hosting a small "Bachelorette" season finale party, give your roommate fair warning to make other plans.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The Millburn $194,500 Complete • $6,808 down

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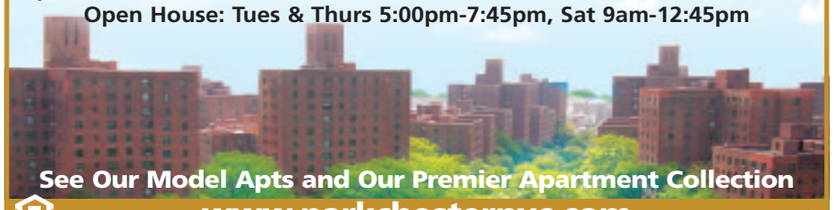

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In the news

Regulator: Many more homeowners using Obama refinance plan

COMSTOCK

▶ More than 78,000 loans were refinanced using HARP 2.0.

The number of underwater homeowners refinancing through an Obama administration anti-foreclosure program has picked up sharply since its expansion late last year, according to figures a housing regulator released on Monday.

More than 78,000 home loans were refinanced using the expanded Home Affordable Refinance Program, nicknamed HARP 2.0, during the first five months of 2012, more than for all of 2011, the Federal Housing Finance Agency said.

The Obama administration and the housing regulator FHFA revamped the HARP program in October to allow homeowners with loans backed by Fannie Mae and Freddie Mac and who are current on their mortgages to refinance no matter how much their home value has dropped below what they owe.

"These numbers show HARP 2.0 is accomplishing the goals set forth — to provide relief to borrowers who might otherwise be unable to refinance due to house price declines," FHFA Acting Director Edward DeMarco said in a statement.

REUTERS

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2	1 BED	$569.00	$18,458 - $26,760
2	2 BED	$694.00	$22,305 - $26,760
3	2 BED	$694.00	$22,305 - $30,120
4	2 BED	$694.00	$22,305 - $33,440

*SUBJECT TO OCCUPANCY CRITERIA **INCLUDES GAS FOR COOKING **RENTS SUBJECT TO CHANGE ***INCOME REQUIREMENTS SUBJECT TO CHANGE

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Mailed requests must be postmarked by August 17th, 2012.

Completed applications must be returned by regular mail to a different post office box that will be listed on the application, and must be postmarked by August 27th, 2012.

Applications not sent **via regular mail** or postmarked after August 27th, 2012 will be logged in after all other applications. Applications will be selected by lottery.

Priority will be given to applicants who live or work in New York City.

No broker's or application fee should be paid to anyone regarding these applications.

Only the first 5,000 requests for an application will be honored.

July 18-22

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FRIDAY, JULY 20TH

8am - 1pm: Free SpaceFest Teacher Professional Development:
Presented by NASA and the Intrepid Education Department, a FREE full-day teacher professional development opportunity. (Pre-registration is required)

10am - 5pm: Exhibits and Pier Displays — NASA, Samsung & Time Warner Cable
Location — Pier 86 and Hangar 3

10am - 5pm: Astronaut Appearances (Meet and Greet) — throughout the museum complex
- Mario Runco Jr.
- Kevin R. Kregel
- Ellen S. Baker (M.D., M.P.H.)
- Charles J. Camarda (PH.D.)
- Michael J. Massimino (PH.D.)
- Lee M.E. Morin, M.D., Ph.D. (Captain, USN)

2pm-3pm: Astronaut presentation
Join Charles J. Camarda and Lee M.E. Morin as they share their stories of their space shuttle missions.
Location — Lutnick Theater

7:30pm- Intrepid's Free Movie Night: Star-Trek (2009) Location — Flight Deck

Don't forget, while you are here check out Samsung's SpaceFest booth on our Pier.

SATURDAY, JULY 21ST

10am - 5pm: Exhibits and Pier Displays — NASA, Samsung & Time Warner Cable
Location — Pier 86 and Hangar 3

10am - 5pm: Astronaut Appearances (Meet and Greet)- throughout the museum complex
- Garrett E. Reisman (PH.D.)
- Kevin R. Kregel
- Ellen S. Baker (M.D., M.P.H.)
- Charles J. Camarda (PH.D.)
- Karol J. Bobko (Colonel, USAF, Ret.)
- Lee M.E. Morin, M.D., Ph.D. (Captain, USN)

2pm-3pm: Astronaut presentation
Join Garrett E. Reisman as he shares his stories of his space shuttle missions.
Location — Lutnick Theater

SUNDAY, JULY 22ND

10am - 5pm: Exhibits and Pier Displays — NASA, Samsung & Time Warner Cable
Location — Pier 86 and Hangar 3

10am - 5pm: Astronaut Appearances (Meet and Greet) — throughout the museum complex
- Garrett E. Reisman (PH.D.)
- Kevin R. Kregel
- Lee M.E. Morin, M.D., Ph.D. (Captain, USN)

ASTRONAUT APPEARANCES

Mario Runco Jr.

Ellen S. Baker (M.D., M.P.H.)

Kevin R. Kregel

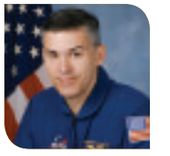
Michael J. Massimino (PH.D.)

Charles J. Camarda

Karol J. Bobko (Colonel, USAF, Ret

Jeffrey A. Hoffman (PH.D.)

Garrett E. Reisman (PH.D.)


Lee M.E. Morin, M.D., Ph.D. (Captain, USN)

INTREPID'S SPACEFEST HOURS:

Wednesday, July 18: 10am - 5pm
Thursday, July 19: 10am - 7pm
Friday, July 20: 10am - 5pm
Saturday, July 21: 10am - 7pm
Sunday, July 22: 10am - 7pm

Times and events are subject to change.

For a complete and up to date schedule of events and activities, visit us at intrepidmuseum.org

EXHIBITS AND PIER DISPLAYS BY NASA, SAMSUNG & TIME WARNER CABLE:

THURSDAY – SUNDAY, 10AM - 5PM

- FIRST Robotics
- SDO Solar Telescope
- Under Pressure: Flightsuit
- Peeps and Pressure Demo
- Flight Suit Cut Out Photo Ops
- 50 Foot HEO Dome
- Samsung Smart TV Space Station
- mini gem - Photo Kiosk
- 3rd Rock Radio
- Time Warner Cable — *Mural of Innovation*
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JULY

JULY 19
SPACE SHUTTLE PAVILION OPENS
See space shuttle *Enterprise* in her new home on the flight deck, along with interactive exhibits that tell the story of NASA's first space shuttle orbiter and how this innovation inspired future shuttles and the United States Space Program.

JULY 19-22
SAMSUNG SPACEFEST
Join us on our pier for NASA displays, events and astronaut appearances.

AUGUST

AUGUST 3
INTREPID MUSEUM'S 30TH ANNIVERSARY CEREMONY
Celebrate 30 years of the Intrepid Museum's commitment to honoring innovation and human triumph.

AUGUST 5TH
COAST GUARD APPRECIATION DAY
Honor our Coast Guard and enjoy special demonstrations. USCG members and veterans enjoy free admission with proper ID.

AUGUST 16
USS *INTREPID* BIRTHDAY CEREMONY
Join us as we honor the 69th anniversary of the commissioning of the USS *Intrepid*.

AUGUST 19-21
AIR FORCE WEEK
Join us for demonstrations and interactive displays on our pier.

SOUND WAVES ON THE INTREPID

Join Intrepid every Wednesday night from 7/18-8/22 for our first annual concert series, located on the Flight Deck of Intrepid! Help kick off the first concert during our SpaceFest celebration on Wednesday, July 18th, presented by SAMSUNG Smart TV. This undeniably cool production creates a multi-sensory experience unlike any other, offering die hard music fans a chance to hear their favorite up and coming acts with a panoramic view of the city's sky line. The music selection will feature cutting edge, eclectic and curatorial concerts and DJ sets, and will be based on the EDM and indierock global scenes. The show offers further experiential excitement with roving food trucks and carts, awesome merchandise, and a few surprises. Visit www.theparticipationagency.us/sound-waves-on-the-intrepid/ to RSVP and to learn how to pick-up your free tickets.

INTREPID SUMMER MOVIE SERIES

HEROES OF THE BIG SCREEN Presented by: Dr Pepper

July 20: Star Trek (2009)
July 27: The Muppets (2011)
Aug 3: Jurassic Park
Aug 17: The Goonies

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FUTURE HOME

Space Shuttle *Enterprise*: Centerpiece for Future Science and Technology Center

The Science and Technology Center design will cultivate a memorable experience that will persist in the minds of visitors and ultimately broaden their understanding of space science and its impact on an individual and global basis. The Center will be programmed to suit all age groups and will seek to enhance knowledge, transmit ideas, stimulate curiosity and inspire future generations.

The Center will be supported by state-of-the-art technology and media to thoroughly engage the visitor and will work as a cohesive backdrop in displaying the *Enterprise* as the Center becomes an instrumental platform to the guest experience.

Sponsor a Star and join Project Enterprise today.
Learn more: www.intrepidmuseum.org